



## WHAT'S HAPPENING AT THE ELKRIDGE 50+ CENTER IN JULY & AUGUST 2015

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### Staff

#### Jeanne Slater, Director

Office: 410-313-5192

FAX: 410-313-4929

#### Rebecca Mengel

Nutrition Specialist

Office: 410-313-4930

FAX: 410-540-9552

#### Maryland Access Point (MAP)

Aging Resource

Information Specialists

410-313-5980

#### Website

[www.howardcountyaging.org](http://www.howardcountyaging.org)

## ELKRIDGE 50+ CENTER

6540 Washington Boulevard  
Elkridge, MD 21075

Join Us

Monday through Friday  
8:30 am to 4:30 pm

July/August 2015



*Our name's changed! We are now the Elkridge 50+ Center.  
We may have a new name but we are the same fun place  
to spend your summer.*

*Sign up now for many great activities and parties and don't  
forget about the FREE farmer's market coupon books being  
distributed on July 9th!*

*We only have a few, and it's first come, first serve.*

*Jeanne*

*Did you know,  
strawberries are rich in vitamin C,  
folate, fiber, and potassium?*

*They are among nature's best source of vitamin C,  
a vitamin that promotes immunity, lessens cold symptoms,  
and helps your body use iron. Just one cup contains 160%  
of the recommended daily value of vitamin C.*

*Strawberries are also rich in antioxidants including  
anthocyanins, which give them their bright red color. These  
compounds may help prevent some chronic diseases,  
including cancer, heart disease, and diabetes.*

*Rebecca*

#### Closings for July & August

Friday, July 3: Independence Day, Closed

# SPECIAL EVENTS & NEW PROGRAMS/ JULY

## HISTORY OF THE PORT OF BALTIMORE

July 7

11:00-12:30 FREE

Watch a fascinating documentary about the many industries & companies impacted by the Port of Baltimore.

Lunch available by donation & registration.



## ZENTANGLE ART CLASS

July 8

10:00-Noon

FREE

Enjoy this relaxing activity that stimulates your brain as you create something beautiful!

## FARMER'S MARKET COUPON

July 9

9:00-11:30

Free for qualifying individuals.

We will be distributing a limited amount of Farmer's Market coupons on a first come, first serve basis.

Call Becky to see if you qualify.

(410) 313-4930



## PATRIOTIC CELEBRATION ICE CREAM SOCIAL

July 10

10:30-2:00

\$5.00 & Lunch Donation

Test your patriotic knowledge in a Fourth of July trivia contest. Enjoy fresh salad bar and refreshing ice cream sundaes. Red, white and blue dress is optional.



## HISTORY OF PATAPSCO VALLEY

July 21

12:30-1:30

FREE

Retired Park Ranger, Ed Johnson, takes us on an amazing journey back in time! Learn many interesting facts about the Patapsco River Valley, Elkridge, Ellicott City & more.



## AARP DRIVER SAFETY CLASS

July 24

10:00-2:00

Learn all the new laws of the road and be safer behind the wheel. Some insurance companies will offer discounts on your auto insurance upon completion of this class. Lunch available with reservation.

## ZOO MOBILE

July 29

10:00-Noon

Donations Accepted

The Baltimore Zoo brings the animals to us! You don't want to miss this exciting morning featuring guest appearances by several zoo personalities!



## "LET'S DISH"

Nutrition Class

July 31

11:00-12:00

Our nutrition specialist, Becky, will give you some nutrition tips to make your summer meals healthier!



# SPECIAL EVENTS & NEW PROGRAMS

## AUGUST

### iPHONE/iPAD CLASSES

**Wednesdays in August**

**5th, 12th, 19th & 26th**

**10:30-12:00**

**FREE**

Got a new phone or tablet or thinking about getting one? Learn how easy it is to use them and have fun!!



### POLICE SAFETY

**July 16 & August 20**

**10:00-11:00**

**FREE**

Police Officer Lingham will join us to share safety tips. Be safe on the road, safe while shopping, safe at home and more. Good information & great discussion.



### “LET’S DISH”

**August 21**

**11:00-12:30**

**\$5.00**

Watch our Nutrition

Specialist prepare

“Classic Tomato Bruschetta.”

After the demonstration, enjoy the dish with your friends.

### CRAB FEAST

**September 25**

**10:30-1:30**

SAVE  
THE  
DATE

Enjoy delicious, fresh, steamed crabs, homemade crab soup and many other yummy side dishes.

Reserve now, tickets go quickly.



### Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-4930 or 410-313-5192.

People who have a hearing or speech disability may contact us through Maryland Relay by calling 7-1-1.

## ONGOING PROGRAMS

### **Mondays:**

8:00am—9:00am: *Walking Club (meet in parking lot)*

9:00am—11:00am: *Breakfast Bunch*

11:00am—3:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo **with Lunch** (July 13 & 27 and August 10 & 31)*

### **Tuesdays:**

9:00am—10:00am: *Age Well Exercise*

11:00am—12:00pm: *Brain Fitness (July 7 & August 4)*

12 Noon—***Lunch (reserve one week in advance)***

12:30pm—1:30pm: *Book club (July 14 & August 11)*

1:00pm—3:00pm: *FREE BP Screenings*

1:30pm—2:30pm: *Qigong (Gives you energy. Wake up feeling better!)*

### **Wednesdays:**

8:00am—9:00am: *Walking Club (meet in front parking lot)*

9:00am— 11:00am: *Breakfast Bunch*

9:00am—12 Noon: *Pancake Breakfast (July 15 & August 19)*

10:00am—1:00pm: *Legal Aide (first Wednesday)*

10:00am—11:30am: *Wii Fitness/Bowling (July 15 & August 19)*

12 Noon—***Lunch (reserve one week in advance)***

2:00pm—3:30pm: *Line Dance*

*After 11am FREE bread and pastries are available.*

### **Thursdays:**

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—12:00pm: *Nutrition Education & Counseling (July 2 & August 6)*

10:00am—12:00pm: *Coffee chat*

12 Noon—***Lunch (reserve one week in advance)***

1:30pm—3:00pm: *Easy Jewelry Class (July 2 & August 6)*

### **Fridays:**

8:00am—9:00am: *Walking Club (meet in parking lot)*

9:00am—11:00am: *Breakfast Bunch*

10:30am—11:30pm: *Chair Yoga*

10:00am—12:30pm: *Legal Aide (second and fourth Fridays)*

11:00am—12:00pm: *“Let’s Dish” - (July 31 & August 21)*

# Join Us For Lunch!

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.

Participant contributions are used to offset the meal cost, increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

*In our efforts to avoid food waste, please be advised that if we do not have at least 8 reserved lunches on the days we are offering lunch, we will have to cancel lunch for that day. Please sign up in advance and enjoy a great lunch with some of your Elkridge friends.*



## July 2015

**July 2, Thursday:** Carrot & Raisin Salad, Baked Fish/Lemon Sauce, Broccoli, White Bread, Fresh Fruit.

**July 7, Tuesday:** Salad, Pork Chop/ with Gravy, Mashed Potatoes, Slaw, Dinner Rolls, Applesauce.

**July 9, Thursday:** Mediterranean Salad, Roasted Beef with Gravy, Mashed Potatoes, Spinach, Bread and Pineapple Chunks.

**July 10, Friday:** Independence Celebration, Salad Bar; Lettuce, Tomatoes, Beans, Carrots, Cucumbers, Hard Boiled Eggs, Tuna, and more.

**July 13, Monday:** Swedish Meatballs, Brown Rice, Spinach, Dinner Rolls and Orange.

**July 14, Tuesday:** Spring Salad, Veal Parmesan Rotini, Green Beans, Wheat Bread and Fruit Cocktail.

**July 15, Wednesday: 9:30 am.** Pancakes, Sausages, Scrambled Eggs, Fruit and Juice.

**July 16, Thursday:** Marinated Cucumbers & Tomatoes, Meatloaf with Gravy, Mashed Potatoes, Pickled Beets, Dinner Roll and Tropical Fruit.

**July 21, Tuesday:** Vegetable Soup, Seafood Salad, Mixed Green Salad, Pickled Beets, White Bread, Tropical Fruit.

**July 23, Thursday:** Slaw, Knockwurst, Baked Beans, Hotdog Buns and Apple.

**July 27, Monday:** Italian Meatballs, Italian Bread, Mini Sub Roll and Peaches.

**July 28, Tuesday:** Spring Salad, Southwest Chicken, Red Beans and Brown Rice, Dinner Roll and Apple.

**July 30, Thursday:** Chicken Noodle Soup, Turkey Enchilada, Carrot & Raisin Salad, Cornbread and Orange.

*\*Milk is included with all lunches.*